

FIT WIC FUN AND GAMES PAGE

Grow your own container tomato plants!

Start now for summer tomatoes.

Fill each section of an egg carton with potting soil. Sprinkle a few seeds in each section and cover with a thin layer of soil.

Place container on a sunny windowsill. Keep the soil moist, but not too wet.

Thin the seedlings as they grow so you end up with one plant in each section.

When plants are big enough, transplant each to their own small pot filled with soil.

When your plants grows twice as high as the pot, transplant to a larger pot.

When it's warmer outside, let the plants stay outside during the day and bring them in at night to get them ready.

As the plants grow, put in a pole next to the plant to support it as it grows. Tie plant to the pole with string.

After the last frost has passed, the pots can be put outside in a sheltered, sunny spot.

Keep well watered and add plant food if desired.

Planting marigolds in the same pot help keep aphids away and makes a colorful display.

Enjoy your fresh tomatoes all summer!

Make your own labels:

Use colored markers to decorate a popsicle stick or clothes pin. Write "tomato" or draw a tomato on the stick and place in your growing plant. Make more for other plants in your garden.

